



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

Letter from the President

When I became president of the club, we were small enough that I knew everyone by name. Now, I go to events and speak with people that I recognize, but I don't always know their names or if they are members. That's the result of growth. With growth comes an ongoing challenge to involve all members in the club as much as possible. At our most recent board meeting, we discussed some ways that we could get more people involved and establish a greater means for newer members to have a say in the direction of the club.

However to understand where we are going, it's also important to understand how we arrived at where we are today. The majority of our current members have only been involved under the current administration, so they may not even understand the advancements that have taken place in the last four years much less the overall 35 year history of the organization. To help determine where we're going, it's important to understand where we've been.

Throughout the club's history, there have been ups and downs. Four years ago, the membership of the club had fallen to under 100, and the club was being run through the efforts of a handful of people. The first year of the current board's term the biggest priority was establishing the functional committees of the club and designing and developing the club's website in a way that would reflect the club's organization and service the entire running community. We made the decision to open the website as a resource to all runners in the community regardless of membership and to promote and support local running events wherever and whenever we could. This external focus opened up our club to the community at large and we became recognized as the primary organization representing the running community in the area. We have become the overall coordinator of running events in Frederick County and are even an official part of the permit process for running events in the City of Frederick. At the Frederick Marathon, Steeplechasers hosted the official training runs, we were in charge of the course marshals, and presided over the finish line. As a result of this greater reach into the community, the Club is now about three times the size it was four years ago. An article in the Frederick News Post earlier this year said it all: "Frederick Steeplechasers Ready for Another Year at the Heart of the Running Community".

So where do we go from here? There are major decisions to be made this year. One of the biggest is what to do with our Race Support functions. We've become so good at supporting events for a reasonable price that we're getting more requests for support than ever. This year, we'll be conducting race day management services for 30 events of which only a few are our own. That's quite a load for an all volunteer organization and the amount of volunteer time we have to put toward that one function limits the amount of resources we can put toward other areas of the club. As a result, it may be time to assess better ways to accomplish this mission. We are just beginning to discuss the possible alternative ways to cope with this demand, so if anyone wants to have input, now is the time.

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Understand that there is a difference between suggestions and a well thought out idea. Many people approach me with suggestions, but it's difficult for me or the board to act on all the individual suggestions. We listen to suggestions, but wait until we start to hear a consensus of opinion. Once we recognize that there is a consensus for change, we try to move in that direction. For instance, many people had suggested to me that we should try to create more of a variety of events. Many members were growing tired of 5K races over and over in Baker Park. Now we've got quite a variety of events on the schedule. We've got 8K's and 8 milers that have all been created by club members. We've got a greater variety of venues, more cross country races, and a couple of new trail races, and even a new marathon that's included in a Grand Prix that has events ranging from one to fifty miles! For extra fun, we've even added winter breakfast runs to fill in the slow season of the calendar. That all came in response to the general input of club members and several events that have been spearheaded by club members that had an idea and used the club to make it happen. Yes, there are still plenty of 5K's, but that's good too because it's a good distance for people just getting started and we want to encourage them as well.

When people have more specific ideas about what they'd like from the club, they should formalize the idea and present it. How can they do this? We'll begin a two step process for the formulation and presentation of new ideas. First, we can hold general membership meetings for the purpose of facilitating open discussions of new ideas and seeing how much support the ideas have among the general membership. Once a consensus has been reached, it can be presented for approval at the next quarterly board meeting.

We want to hear from everybody, but for the club to add a new activity or service requires people who are willing to see the idea through. In a volunteer organization, the more change you want to see, the more involved you have to be!

Mark Lawrence - President

The 27th Running of the
NORTON 9
 Run under UK Athletics Rules
 Sunday 7 March 2010 11am.

The start was opposite Norton Coronation Working Men's Club. The finish was on grass off Back Lane. The course was one lap through villages with wonderful names, Wormsersly, Stapleton, Little Smeaton and back to Norton. A fast start on a reasonably flat first half however undulating (hilly) for the last four steepest hills at 5 & 7.5 miles. Country roads few spectators except one Doncaster guy shouting at the top of the hill 'Come on me' old flower!

T-shirts to all finishes *as they crossed the line.*

Prizes only (no age awards)

1st 5 ladies, 1st 15 men, Vets, 1st Female and Male teams.

Well Done to all Kimberworth Striders!!

FSRC - 2010 Offices

President – Mark Lawrence
Vice President – Mary Zielinski
Secretary – Peggy Waxter
Treasurer – Anne Hafer

Committee Chairs

Social – Kim Hessong/Luanne Houck
Membership – Mary Zielinski
Competition – John Stuart
Race Support – Tim O’Keefe
Training – Eva Rosvold
Web Site – Rich Potter/Stephen Dobson
Newsletter – Malcolm Senior

Quotable Quote

Tomorrow is another day, and there will be another battle! --Sebastian Coe
Please forward any articles, quotes, stories or suggestions for the newsletter to Malcolm Senior

Women’s Distance Festival

Frederick Steeplechaser’s Running Club is hosting the 21st Annual Women’s Distance Festival 5K Run/Walk on August 14, 2010 at Frederick Community College. Last year this event drew over 300 women and girls from all over the state of Maryland and surrounding areas. This event focuses on women’s health, fitness, and wellness. Proceeds this year will benefit the Women’s Giving Circle, a local non-profit that supports programs benefitting women and children. The Steeplechasers need your participation!



1. Come out and run/walk the event with your family, friends and co-workers! This is a non-competitive, beginner-friendly event. Special awards will be given to mother-daughter, sister-sister, aunt-niece, and corporate teams. Send the registration information attached to anyone who may be interested in participating in this race.
2. Ask your company to become a sponsor! There are many available sponsorship levels available ranging from a general \$50 sponsorship to the premiere tee-shirt sponsorship of \$1000. All corporate sponsors will be recognized at the event and will have logos printed on the participant t-shirt. Lots of sponsors are needed to make this event an even bigger success in 2010. Contact Luanne.houck@gdit.com if you are interested.
3. Ask your business or local vendors that you deal with to provide prize give-aways! This is an excellent event for door prizes and give-aways of all types. Gift cards, coupons, beauty and sports supplies, gift items, and refreshments or food items are needed for the event. Any establishment that donates give-aways with a value of \$50 or greater will have their logo displayed on the participant t-shirt. Contact Luanne.houck@gdit.com if you are interested.
4. Volunteer to help at the event! We have many opportunities to assist with race management, race-day execution (course marshalls and water tables), and finish-line. Please contact our race director pwaxter@comcast.net if you can help.

Who says women can't run the world!!! However they could appreciate help from the Men!!!

**The FSRC Annual Running Celebration
Held at the Delaplaine Arts Center
March 20, 2010**

A total of 58 Steeplechasers were recognized during the course of the evening for their performances in 2009 with prizes of gloves, hats, and bags based on their levels of participation and achievement.

Awards presented to:

Runner of the Year	Victor Cretella	Kristin Shaw
Master Runner of the Year	Malcolm Senior	Maria Rubeling
Rising Star	Brian Peabody	Cassie Rizzoulis
Most Improved	Chad Connors	Christine Dzara
Iron Man	John Way	Karsten Brown
Iron Woman	Mary Zielinski	
Lewis Award	Dwyane Late	Luanne Houck

The evening was a huge success thanks to organizer Luanne and the Social Committee; Anne for putting the program together, and Alice's for putting together a great slide show that played throughout the evening.

A thank you should also be given to the 2007/2008 award winners who acted as the selection committee for this year's major awardees and to Mary Z for procuring the awards.

All agreed that the Delaplaine was a great venue to use for the occasion and we'll certainly consider holding other events there as well. One of the really neat things about the occasion was having all of the folks who had just gotten back from the HAT Run show up just in time for the festivities still in their running clothes.



**Save the Date - August 21st 2010
Annual Steeplechasers Picnic**

The Boston Marathon a school lesson

I wrote this on request by two mathematics teachers for my school Hillcrest Elementary, Karen Klem and Kim Brandenburg. They came across a lesson in the new math program about a Boston marathoner and wanted to know if I would write up all about my experience so that they could use me as an example. The lesson was being used to study change in speed. They wanted to know a little bit about why I was doing the race, and what the race is all about. The article is geared toward 4th and 5th grade students. The finished product is a story with pictures with me narrating the story. I was thinking about posting it on the forum so that you all could see what extra work these teachers did. I really think that having a real life situation to look at will help these students. FCPS does truly have some amazing teachers.

The Boston marathon has been a dream of mine ever since I began running over 6 years ago. The Boston marathon is the most prestigious marathon in the world. Runners who are able to qualify are thought of as the best of the best. My wife ran the Boston Marathon in 2005 and ever since that day I knew I too wanted to run the race someday. I knew that I had to put in a lot of hard work in order to improve to meet the strict qualifying standards.

Last fall, I really got serious about my training and decided to read a book called Advanced Marathonning. In the book it gave me a sound plan to follow that I thought could get me to my qualifying time of 3:10 needed for my age group. I set out on an 18 week training plan with the end being the Steamtown Marathon in Scranton, PA. This marathon is considered one of the fastest marathons in the USA because of the 955 ft elevation drop. All of my hard work paid off as I crossed the finish line in 3.09.16 sec. After 6 marathons I had finally accomplished what I set out to do. I was very emotional when I crossed the finish line because of all the hard work that it took to qualify for Boston. I also got an opportunity to share in the moment with my family which made it even more special. Wow 3.09.16 seemed so fast compared to my first marathon of Marine Corps in 2005 3.57.00. One lesson that I learned is that before you can do anything you have to believe it first.....

I was more motivated than ever to improve my time and run a strong Boston marathon. Again I decided to follow the Advanced Marathon plan but I decided to add an extra day of running. This extra work I believe helped me on race day as Boston was a much tougher course than Steamtown.

Well race day April 19, 2010, Patriots Day in Boston, all the kids are off school, I knew it was going to be a so special race. In fact two fighter jets raced over top right before the gun sounded. My goal was to try and run even paced miles. The gun sounded and off the elite runners went. It takes a little time to get 26,000 runners across the start line so I walked a little until I crossed the start line. Away I go on my journey to Boston; the first 4 miles of the race had some sharp down hills. My plan was to run easy to conserve energy so that I had enough endurance to run the whole way. The first mile went perfectly as I ran 7.14. A bit slow but there was so many people; it was tough to get around. The next few miles were sharp down hill as I ran them pretty fast split for the first 5k (3.1 miles) in a time of 21.51 7.02 average pace per mile. The next several miles went through several small New England towns as many of the towns residents lined the streets passing out oranges and yelling and screaming for the runners. During this part of the course we also passed a lake with fisherman saluting us from their boat. I wrote my name on my shoulders so that people would yell for me, which they did splits for 10 K (6.2 miles) time 43.27 6.59 average pace. As the race continued I held a steady pace and was on track for a fast time 15K (9.3 miles) time 1.04.57 average pace 6.58 per mile, 20 K (12.4 miles) time 1.26.32 average pace 6.59.

At the half way point in the race the runners pass the all girl's college of Wellesley. The girls lined the streets as we ran through them. The noise was deafening, this is as close as Mr. Connors will ever be to being a rock star. They nicknamed this part of the course the scream tunnel, or the tunnel of love. I am through the half way point in 1.31.14 for a 6.58 pace a little fast but I think I may be able to hold the pace. The next part of the course is the most famous the Hills of Newton. There are four hills through this part of the course and is where the well trained athletes separate themselves from the rest of the field. I am still feeling good and am able to hold the pace as I run up the hills. I am glad that I spent time training on some hilly runs. My pace at the various stages - 25K (15.5 miles) average pace 6.57; 30K (18.6 miles) time 2.10.12 average 6.59; and 35K (21.7 miles) time 2.32.36 average 6.59. Some highlights during this part of the course were running through Boston College and running the infamous Heart Break Hill. In BC there were so many students out in the streets cheering us on, I was really pumped and began slapping hands with many of the students. Another runner commented to me that I really pumped them up as well. I think I was so fired up because I knew I was getting closer to the finish and I knew my wife and friends were waiting for me right up ahead.

At around 22 miles I saw two of my best friends from college who came along with us. It is a big pick me up to see close friends and family while running, runners can experience several highs and lows when running a distance this far. Just up ahead I then spotted my wife and made sure to go over the left side of the road to give her a big kiss for all her support she has given me with all of my running. She was standing with Mrs. Klem and her husband who also made the trip up to see me run the marathon. Mrs. Klem even had a sign made up for me.

Only 4 miles to go to the finish line and I was starting to feel like my legs were going to cramp up. It felt like little tiny charlie horses all over the back of my hamstrings. I tried to relax and continued to make sure that I took in as many fluids as I possibly could. My time up to 40K (24.8 miles) was 2.55.25.

The last few miles of the race were tough as my quads and hamstrings were really sore from all of the up and down hills. By now not even the crowds cheering could make me run much faster. The home stretch runs straight down Boylston Street and I could see the finish. I finish in 3.05.57 and was really excited about my new personal record. I got a medal placed around my neck and a goodie bag. It was time to meet up with friends and family and celebrate with them!!!Chad Connors

Big Brother is Watching You

Check out Athletic links to see your race results sign up to track your race times:
<http://www.athlinks.com>



HAPPY HOUR

Join The Steeplechasers for Happy Hour June 10th at the
Alive at Five on Carroll Creek from 5-8 pm.
Music is Jazz, Modern Pop/Rock with A Family Affair. \$5 cover charge.

These are a few of my favorite things...name the musical

Do you have a favorite Running Store maybe a best place for pre-race pasta dinner, best local road-race, best park for running....let us know. Yoga and Running Routes by Carmen Smith

YOGA

Check it out: Runner's Yoga at Ananda Shala

Why Do It: Yoga is a great compliment to running. Develop your core and upper body muscles to help prevent injury and run faster. Balancing moves develop lower body muscles that are too often neglected, and, of course, stretching is a key part of any running program.

When: currently 6AM Fridays, but another day will be added soon. Advance registration is required.

Where: Ananda Shala is located on Market Street in downtown Frederick (www.anandashala.com)

How much: 6AM classes are only \$8!

Description: This early morning class is great, if you can squeeze it in before work. There's no need to worry about being a misfit in room full of people who can bend themselves into a pretzel or balance in a twisted one-armed handstand. This is yoga for runners. If you wobble in warrior pose or teeter in triangle, you're welcome here. But, this is no easy class. The upper body and core moves will be tough for most runners and you'll stretch muscles you didn't know you had.



Running Route

Route Highlight: Spring Ridge

Why Run It: Because you need a good hill workout.

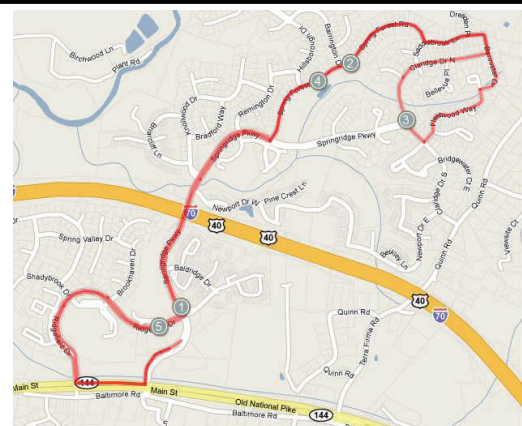
Distance: About 6 miles.

Start: Park in the shopping center on Springridge Parkway, just off 144

Description: This hilly neighborhood is part of the tough second half of the Frederick Marathon. Most roads have a wide shoulder/bike lane and there is also pedestrian path for much of the route.

Route: For the 6 mile route, turn left out of the parking lot and head back out to 144. Use caution, as this road sees a lot of traffic, but it is a wide shoulder, and you'll soon be turning right onto Ridgefield Drive. From Ridgefield, turn left at the 4-way stop onto Springridge Parkway, go under I70, and left on Spring Forest Road. It ends at Saddlebrook; turn left until that ends at Bannister. Follow to Fleetwood, then turn right on Claridge, which loops back around to Bannister. From there, turn left and head back the way you came.

Modifications: For a short run, just turn right out of the parking lot and proceed up Springridge Parkway to Spring Forest Road. Or, for a real challenge, do two loops in the hilly area of Spring Forest Road. At mile 3 turn left on Springridge, then right on Spring Forest for your second loop.



Lewis Memorial 10-Mile January 23, 2010 Race Report - Ron Robisch

We had great weather Sunday morning for the annual John Lewis Memorial 10 Miler in the hilly outskirts of Frederick, Maryland. Although the temperature was right around freezing, with sunny skies and basically no wind I was quite comfortable at the starting line wearing shorts, a racing singlet, and my brand spankin' new arm warmers (courtesy of the kind folks at If the Shoe Fits). In fact, as the race wore on, I bet many of the runners realized that they were over-dressed.

This race is very low-key and budget-friendly, being free for Frederick Steeplechaser members and just \$5 for anyone else silly enough to run this course. No shirts, no awards (except for person who finishes with a time closest to their predicted time – no watches allowed!), and maybe 40 or 50 runners altogether. Since most were fellow club members, I really enjoyed the chance to see a lot of familiar faces and run amongst friends.

Soon we began and were climbing the first steep hill even before the echoes of the race starter's "Go!" had reached our ears. Seriously, you run about 30 feet and then have to crane your neck upward to see where you're going. No messing around with this course, you just dive right in!

The course really divides nicely into 3 sections. The first 3 miles have killer, lumpy hills; from miles 3 to 7 you get a merciful reprieve; and then for the last 3 miles they're back with a vengeance.

During the first section I ran amid a group of 4 or 5 runners that would repeatedly pass each other, depending on how we each tackled the hills. I would generally lose ground on the uphill and then gain it back on the downhill. By the second section of the course I had settled into a good pace alongside a friend of mine, Terrance, who typically finishes just ahead of me in our age group. I was hoping to simply stay with him as long as possible.

That plan worked great until the hills returned, and then I slowly lost ground to Terrance. Miles 8 and 9 were really tough, and on some of the uphill it was all I could do to just keep moving one foot in front of the other. I was happy when I came across the mile 9 marker – knowing that not only was I getting close to the finish, but also that some decent descent awaited me at the very end. If it weren't for the 2 or 3 frickin' mountains in between I'd have been just fine!

Well, I eventually got through those obstacles and flew down the final hill to the finish, with my shoes feeling like they were about ready to explode into pieces like an Incredible Hulk t-shirt from the force of my toes coming out the front! I finished in 82:20, nearly 2 minutes slower than my pre-race prediction, but given the nature of the course I was pretty satisfied anyway. I gave it a good, hard effort and for the most part felt that I ran strong. I enjoyed the weather and the company, and maybe best of all I was not really hampered in the least by my knee! A few weeks ago it was slowing me down significantly at times. I think this race has set me up well for a run at my 76:49 PR at the RRCA Club Challenge 10.

Finally, it's worth noting that the post-race spread is fantastic! Club members bring in all sorts of goodies to eat, from baked goods to homemade soup to bagels and fruit. Plus, we had Muscle Milk reps there handing out free samples! Chocolate Malt and Strawberry were both yummy!





Steeps Coed Masters Team Places at 2010 Cherry Blossom 10-Miler

A glorious day for weather and camaraderie was enjoyed by all Steeps and friends who participated in the 2010 Cherry Blossom RRCA National Championship 10-Mile Race in DC on Sunday, April 11. The fast-paced competitive run started and finished on the Washington Monument Grounds, winding by the Lincoln Memorial, the popular Arlington Memorial Bridge, East and West Potomac Parks, and the entire Tidal Basin area. This spring 10-miler is organized and run annually in conjunction with the National Park Service. Despite the absence of cherry blossoms in 2010 due to the later race date and the accelerating effect of pre-season warm weather, we all had a great time, joining an enthusiastic crowd of runners and supporting spectators. We enjoyed crab apples, dogwoods, and other flowering trees along with new green foliage in the bright mild morning sun.

It was with great excitement and anticipation that Victor Cretella, Malcolm, Senior, Maria Rubeling, Rick O'Donnell, Kelley Doane, Jen Erb, and Andy Nazworth gathered, warmed up, and headed to the start. As each starting corral signal was given we joined a running contingent that seemed to pull us along. I knew I was running a shorter race as a checkpoint in my training for the Frederick Marathon, but with the inertia created by the Cherry Blossom crowd, I did not fully realize how fast I was going. We all shared similar experiences. Most of our times were faster not only because of our goals, the relatively flat course, and the great weather, but also because of the overall race pace.



We were able to organize one Steeps Running Club team in 2010, a Coed Masters team. We finished 11th out of 20 such teams. By contrast, in 2009, the Steeps entered two teams, one Coed Masters team and one Open Male team. Our 2010 team results were as follows, with the top 3 scoring for the team:

Malcolm Senior (M) 1:06:23: M, Maria Rubeling (F) 1:17:47:

Rick O'Donnell (M) 1:19:11: Kelley Doane (F) (1:29:33)

Total Time = 3:43:21

Notably, Malcolm Senior again placed 4th overall in his 55-59 M age group, just as he did in 2009. Congratulations, Malcolm!

Jen Erb participated with our overall group and ran 1:27:07. Great job, Jen!

Since we did not have enough participants to form more than one team in 2010, Victor Cretella ran with the MCRRC Dangerous Cravings Open Male team. His time was 58:31, bettering his 2009 time of 59:13. Way to go, Victor! Andy Nazworth ran individually with a net time of 1:02:57. Congratulations, Andy!

It was such a memorable time for our group at the Cherry Blossom event this year, with great friendships begun and renewed. We'd like to encourage other Steeps members to sign up, come out, and participate individually and as team members in organized events and races. You will be richly rewarded, accepted into even well-known, high-demand lottery registration events like the Cherry Blossom 10-Mile Run.

By Rick O'Donnell



Calendar of Events - Check the website for latest details www.steeplechasers.org

JUNE 2010			
6/2/2010 6:30pm	Summer Decathlon #1 - 1600m Also: Handicapped Fartlek Run	Frederick High School Frederick, MD	Tim O'Keefe RD: Tim O'Keefe
6/5/2010 8:00am - 5K 8:45am - 1 mile	Husky Hustle 5K Run / Walk and 1 Mile Fun Run *** Grand Prix ***	Hillcrest Elementary School 1285 Hillcrest Drive Frederick, MD	John Stuart Chad Connors 240-236-3273
6/9/2010 6:30pm	Summer Decathlon #2 - 600m Also: 4 Person Relay	Frederick High School Frederick, MD	Tim O'Keefe RD: Malcolm Senior
6/12/2010 8:00am	CSD Handwaving 5K	William Talley Rec Center Baker Park Frederick, MD	Jackie Kanekuni jkanekuni@c-s-d.org 800-717-1384
6/16/2010 6:30pm	Summer Decathlon #3 - 3000m Also: Reverse Relay	Frederick High School Frederick, MD	Tim O'Keefe RD: Dan Poppert
6/23/2010 6:30pm	Summer Decathlon #4 - 200m Also: Too Many Tens	Frederick High School Frederick, MD	Tim O'Keefe timrunr@aol.com
6/26/2010 - TBD	Creating Wellness 10K		
6/26/2010 7:50 am	Spirit of Gettysburg 5K	YWCA of Gettysburg 909 Fairfield Road Gettysburg PA	See Website for contacts
6/30/2010 6:30pm	Summer Decathlon #5 - 1500m Also: Firecracker 5K	Frederick High School Frederick, MD	Tim O'Keefe RD: Paul Spurrier
JULY 2010			
7/7/2010 6:30pm	Summer Decathlon #6 - 800m Also: Gutbuster	Frederick High School Frederick, MD	Tim O'Keefe RD: Paul Christiansen
7/14/2010 6:30pm	Summer Decathlon #7 - 2 mile *** Grand Prix *** Also: Poker Run	Frederick High School Frederick, MD	Tim O'Keefe timrunr@aol.com RD: Chad Connors
7/21/2010 6:30pm	Summer Decathlon #8 - 400m Also: Too Many Two's	Frederick High School Frederick, MD	Tim O'Keefe RD: Joe Basford
7/24/2010 9:00 am	Bobbi Jo 5K Memorial Run & 1 Mile Fun Run	Anytime Fitness 103 Frederick Road Thurmont	John Steiner steindawg@msn.com
7/28/2010 6:30pm	Summer Decathlon #9 - 1000m Also: Runner's Choice	Frederick High School Frederick, MD	Tim O'Keefe RD: John Stuart
7/31/2010	Catoctin 50K *** Grand Prix ***		
AUGUST 2010			
8/4/2010 6:30pm	Summer Decathlon #10 1 mile run	Frederick High School Frederick, MD	Tim O'Keefe RD: Tim O'Keefe
8/14/2010 8:00 am	Women's Distance Festival *** Grand Prix***	Frederick Community College 7932 Opossumtown Pike Frederick MD	Peggy Waxter pwaxter@comcast.net 301-663-8082
8/21/2010 8:00am	Run for the Pie 10K *** Grand Prix ***	Entrance to Watershed Mountindale Road Mountindale, MD	Bring a Pie!!